

# TENNESSEE STATE PARKS ACE RESILIENCY PROJECT

Adverse Childhood Experiences

### Tennessee State Parks



### Tennessee State Parks Vision

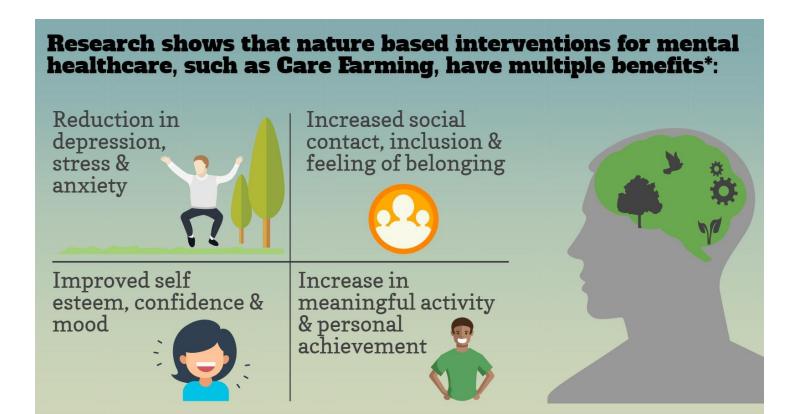
"We believe there is inherent value in the natural environment."

"We believe that the observation and experience of natural things in a setting removed from the hectic world of the day-to-day can uplift and re-create the human spirit."

#### Tennessee State Parks Vision

We believe "our natural and cultural resources provide context and continuity to our lives and help to make us whole. The intrinsic worth of these resources is beyond monetary consideration.

#### Nature and Health



\*Ref NECR204 www.gov.uk

Transforming Mental Health & Dementia Provision with the Natural

**Environment, National Outdoors for All Working Group.** 

Report due January 2017.

#### Nature and Health

## Regular Experiences in Nature Improve:

- Attention span
- Self-Regulation
- Mental Health
- Physical Health





#### **BSB** Innovation Grant

#### Tennessee State Parks ACE Resiliency Project

#### **Primary Goal:**

Increase the understanding of how outdoor learning and nature-based experiences promote emotional healing, self-confidence, and overall mental health.

Walk the Talk @ Frozen Head State Park!

#### Our Plan

**Community: Free Monthly Park Events** 

**Rangers: Workshops and Trainings** 

<u>Teachers</u>: Professional Developments and Experiential Days at the Park

#### **Students:**

Classroom Programming
Field Trips
Afterschool Programming



### Community: School Kickoff





**CCC History In Action** 

Sunbright School Pep Band

### Community: School Kickoff





Family Creek Exploration

**CCC** History Hike

### Rangers: Workshops







### Teachers: Workshops







### Students: Afterschool



Mindfulness in the Outdoors

### Students: Afterschool

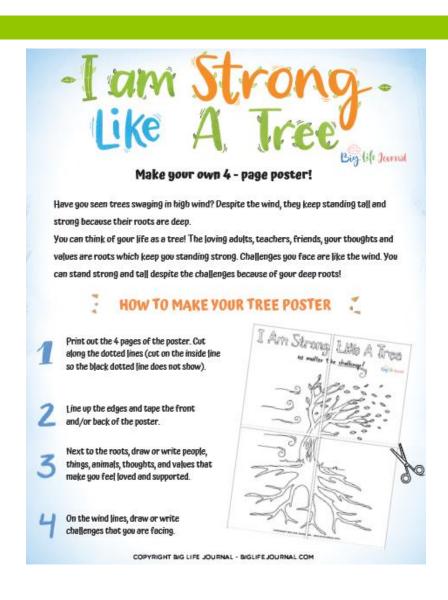




Young Scientists Exploring

### Students: Afterschool





### Students: Camp-in





Football with a Ranger

Create a Game

### Students: Camp-in



Team Knot Game



Dance Party with a Ranger

### Students: Camp-in



Taking Home the Memory



Time to Camp In

### Next Up

**Spring Break Camp** 

Teacher Workshop at the Park

End of the School Year
Family Cookout and
Student Camp-in

**Summer Camp** 

Summer Reading with a Ranger

### Meet a Ranger



Ranger Kayley Kempton
Frozen Head State Park
Kayley.Kempton@tn.gov

#### Contact



Sarah Green

Education Specialist Tennessee State Parks Sarah.Green@tn.gov 615-454-8400

